



START LIST

3000 Metres Men - Final

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World U20 Record	WU20R	7:28.19 Yomif KEJELCHA	ETH 19	Paris-St-Denis (FRA)	27 Aug 2016
Championships Record	CR	7:42.09 Tadese WORKU	ETH 19	Nairobi (KEN)	18 Aug 2021
World U20 Leading	WU20L	7:35.40 Emmanuel KIPRONO	KEN 18	Nairobi (KEN)	22 May 2026

7 August 2026 20:25 START TIME

ORDER	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	2378	Noah BONTRAGER	USA 18 Mar 08	8:02.39	8:02.39
2	2329	Sebastian LÖRSTAD	SWE 17 Apr 08	7:52.15	8:03.69
3	2059	NIIZUMA Haruki	JPN 17 May 07	8:02.57	8:02.57
4	1749	Alejandro IBÁÑEZ	ESP 15 Sep 07	8:00.73	8:00.73
5	1650	Sawyer LEBLANC	CAN 17 Jul 07	8:03.02 i	8:03.02 i
6	2358	Abraham CHEROTICH	UGA 8 Aug 07	8:02.67	8:02.67
7	1724	Isman Samireh MOUKTAR	DJI 1 Jan 07		
8	1722	Sebastian SMED GRØNKJÆR	DEN 7 Jun 08	8:02.00	8:02.00
9	1806	Nadim MAMECHE	FRA 22 May 07	8:00.94	8:00.94
10	1825	Liam CONWAY	GBR 7 Mar 07	8:00.98	8:00.98
11	2336	CHIEN Tzu-Chieh	TPE 5 Apr 07	8:00.42	8:00.42
12	1539	Matthew MCLACHLAN	AUS 18 Mar 08	8:00.48	8:00.48
13	2073	Edwin ELKANA	KEN 29 Sep 07	7:59.60	7:59.60
14	2414	Owen POWELL	USA 30 Jan 07	7:59.94	7:59.94
15	2047	HONDA Ojiro	JPN 6 Apr 07	7:55.77	7:55.77
16	2161	Magnus ØYEN	NOR 26 Apr 07	7:52.67 i	7:52.67 i
17	1824	Michael CLARK	GBR 15 Jul 08	7:59.22	7:59.22
18	1582	Ilyes DRUEZ	BEL 18 Mar 08	7:56.91	7:56.91
19	2360	Dan KIPYEKO	UGA 12 Mar 08	7:54.95	7:54.95
20	1777	Aleksi AHLFORS	FIN 9 Apr 07	7:52.18	7:52.18
21	1788	Alois ABRAHAM	FRA 25 Jul 08	7:46.78	7:46.78
22	1519	Charles BARRETT	AUS 23 May 07	7:51.95	7:51.95
23	2077	Emmanuel KIPRONO	KEN 25 Dec 08	7:35.40	7:35.40

i = Indoor performance

ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
7:28.19	Yomif KEJELCHA (ETH)	Paris-St-Denis (FRA)	27 Aug 16	7:35.40	Emmanuel KIPRONO (KEN)	Nairobi (KEN)	22 May
7:28.78	Augustine Kiprono CHOGE (KEN)	Doha (QAT)	13 May 05	7:43.01	Frankline KIBET (KEN)	Liévin (FRA) i	19 Feb
7:29.11	Tariku BEKELE (ETH)	Rieti (ITA)	27 Aug 06	7:43.16	Sam RUTHE (NZL)	Boston, MA (USA) i	22 Feb
7:29.99	Biniyam MEHARY (ETH)	Liévin (FRA) i	13 Feb 25	7:46.07	Eyob SIMEGN (ETH)	Moskva (RUS) i	7 Feb
7:30.36	Haqos GEBRHIWET (ETH)	Doha (QAT)	10 May 13	7:46.78	Alois ABRAHAM (FRA)	Marseille (FRA)	10 Jun
7:30.43	Isiah Kiplanqat KOECH (KEN)	Stockholm (SWE)	17 Aug 12	7:48.24	Alexander TESFAY (ERI)	Torun (POL) i	21 Mar
7:30.67	Kenenisa BEKELE (ETH)	Bruxelles (BEL)	24 Aug 01	7:49.39	Ezekiel PIITRENG (KEN)	Boston, MA (USA) i	13 Feb
7:30.91	Eliud KIPCHOGE (KEN)	Bruxelles (BEL)	5 Sep 03	7:51.95	Charles BARRETT (AUS)	Hobart (AUS)	28 Feb
7:32.17	Selemon BAREGA (ETH)	Oslo (NOR)	13 Jun 19	7:52.18	Aleksi AHLFORS (FIN)	Joensuu (FIN)	8 Jul
7:32.37	Abraham CHERKOS (ETH)	Lausanne (SUI)	11 Jul 06	7:52.67	Magnus ØYEN (NOR)	Karlstad (SWE) i	1 Feb